

My name is Stephanie Tate and I am one of the lucky ones. My journey thus far has been anything but smooth, but from each challenge and obstacle along the way I have learned that people from all walks of life struggle at some point. Those struggles will break some of those individuals along the way, and to thrive in this world you need a village. I have witnessed many lives lost to personal struggles before they ever even started because of a lack of support and resources at home, in school, or within their community.

I have worked as a daycare provider, an ABA para in the public-school system, and an in-home registered behavior therapist, and now a parent educator. Each role I have held has similar characteristics, working with children and their care givers to enhance each child's cognitive, social, emotional, and physical well-being. In each role I have observed similar struggles, needs of resources, and guidance within families. After experiencing each of these roles and parenthood myself, I am here to tell you that it really does take a village. Children are impacted more than we realize by our choices. As parents, educators, or political figures what we choose to do or say impacts what and how children learn, what they think and believe, how they respond emotionally and physically, and who they become as an adult.

Children and adolescent mental health diagnosis's, behavioral problems, and truanicies are on the rise. To ensure their wellbeing, we must stay vigilant. In CHR's parent support services we use two curriculums, Circle of Security and Triple P to enhance attachment security within parent-child relationships, improve positive parenting strategies to help build parental ability to manage child behavior, boundaries and expectations. Implemented these programs are breaking maladaptive generational cycles and creating stronger parent-student connections that will aid in reducing the stigmas placed on mental health, strengthen bounds and security within future relationships and ensure no one has to face their challenges alone.

The Message is simple, we need to learn how to become bigger, stronger, wiser, and kind individually and collectively to create secure bases and safe havens for our children.